

AFRH-G MENU			
MENU #6 FOR THE WEEK OF			
	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M	FRESH BAKED CINNAMON ROLLS	CREAM OF CELERY SOUP	SOUP DU JOUR
O	HOT OATMEAL/HOT GRITS	NAVY BEAN SOUP/CORNBREAD	PEPPER STEAK W/GRAVY
N	BLUEBERRY PANCAKES / WAFFLES	BEEF ENCHILADAS	TERIYAKI CHICKEN BREAST
D	EGGS TO ORDER	CHICKEN SALAD W/ALMONDS	RICE/MASHED POTATOES
A	HASH BROWN POTATOES	FRENCH FRIES	HOT DINNER ROLLS
Y	GRILLED HAM SLICES	PEAS AND CARROTS	STEAMED BROCCOLI
	CREAMED SAUSAGE GRAVY	SALAD BAR #1	GREEN BEANS
	BREAKFAST GRAVY	DESSERT BAR #1	SALAD/DESSERT BAR #1
T	BRAN MUFFINS	VEGETABLE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	CREAM OF ASPARAGUS SOUP	BBQ PORK LOIN
E	FRENCH TOAST	GRILLED CHEESE SANDWICH	PARMESAN FISH
S	EGGS TO ORDER	HAM SALAD / CROISSANTS	OVEN ROASTED POTATOES
D	OVEN FRIED BACON	POTATO CHIPS	MUSTARD GREENS
A	CORNED BEEF HASH	SUCCOTASH	STEAMED CARROTS
Y	HASH BROWN POTATOES	SALAD BAR #2	FRENCH ROLLS
	BREAKFAST GRAVY	DESSERT #2	SALAD/DESSERT BAR #2
W	ORANGE MUFFIN	PINTO BEAN SOUP	SOUP DUJOUR
E	HOT OATMEAL/CREAM OF WHEAT	CORN CHOWDER	STEAK IN MUSHROOM GRAVY
D	BUTTERMILK PANCAKES / WAFFLES	GRILLED HAM/CHEESE SANWICH	FRIED CHICKEN
N	EGGS TO ORDER	SHRIMP SALAD / COLD CUTS	GARLIC SMASHED POTATOES
E	GRILLED SAUSAGE LINKS	CORN CHIPS	STEAMED ASPARAGUS
S	CREAMED CHIPPED BEEF	MIXED VEGETABLES	CREAM CORN
D	BAKED BEANS W/ CORNBREAD	LOADED BAKED POTATO	DINNER ROLLS
A	BREAKFAST GRAVY	ASSORTED CHEESES	SALAD BAR #3
Y	CORNBREAD	SALAD BAR #3	DESSERT BAR #3
	POTATO PANCAKES	DESSERT BAR #3	
T	PECAN COFFEE CAKE	MINESTRONE SOUP	SOUP DU JOUR
H	HOT OATMEAL/HOT GRITS	CREAM OF POTATO SOUP	SPAGHETTI W/MEAT SAUCE
U	FRENCH TOAST	PASTA PRIMAVERA/SALISBURY	BAKED TURKEY BREAST/GRAVY
R	EGGS TO ORDER	STEAK	BREAD DRESSING
S	GRILLED CANADIAN BACON	PIMENTO SALAD	STEAMED CAULIFLOWER
D	MINCED BEEF	GREEN BEANS	TURNIP GREENS
A	O'BRIEN POTATOES	SALAD BAR #4	PLAIN/GARLIC FRENCH BREAD
Y	BREAKFAST GRAVY	DESSERT BAR #4	SALAD/DESSERT BAR #4
F	FRESH BAKED CINNAMON ROLLS	TURKEY NOODLE SOUP	SOUP DU JOUR
R	HOT OATMEAL/HOT GRITS	BOSTON CLAM CHOWDER	LEMON DILL BAKED FISH
I	APPLE HOTCAKES / WAFFLES	BBQ PORK	YAKISOBA BEEF
D	EGGS TO ORDER	TUNA SALAD/CROISSANTS	STEAMED RICE
A	GRILLED SAUSAGE LINKS	CORN NUGGETS	SMOTHERED POTATOES
Y	CREAMED GROUND BEEF	PEAS & PEARL ONIONS	FRIED EGGPLANT IN CREAM SCE
	LYONNAISE POTATOES	SALAD BAR #5	STEAMED BEETS
	BREAKFAST GRAVY	DESSERT BAR #5	PLAIN/GARLIC FRENCH BREAD
			SALAD/DESSERT BAR #5
S	BANANA NUT MUFFINS	VEGETABLE SOUP	SOUP DU JOUR
A	HOT OATMEAL/CREAM OF WHEAT	SPLIT PEA SOUP	RED BEANS W/SAUSAGE
T	BUTTERMILK PANCAKES	ASSORTED PIZZA	COUNTRY FRIED STEAK/GRAVY
U	EGGS TO ORDER	HAM SALAD	RICE/MASHED POTATOES
R	OVEN FRIED BACON	CORN CHIPS	CABBAGE
D	CORNED BEEF HASH	STEAMED CAULIFLOWER	COLLARD GREENS
A	COTTAGE FRIED POTATOES	SALAD BAR #6	CORNBREAD
Y	BREAKFAST GRAVY	DESSERT BAR #6	SALAD BAR/DESSERT BAR #6
S	BRAN MUFFINS	CHICKEN NOODLE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	CRAWFISH BISQUE	PORK ROAST W/GRAVY/RICE
N	FRENCH TOAST / WAFFLES	LOADED BAKED POTATO	CHICKEN AND DUMPLINGS
D	EGGS TO ORDER	CHILI W/O BEANS	BAKED SWEET POTATOES
A	GRILLED SAUSAGE PATTIES	TURKEY SALAD	BLACKEYED PEAS
Y	CREAMED GROUND BEEF	CALIFORNIA MIX	GREEN BEANS
	O'BRIEN POTATOES	STEAMED RICE/CORNBREAD	DINNER ROLLS
	BREAKFAST GRAVY	SALAD/DESSERT BAR #7	SALAD/DESSERT BAR #7

DESSERT BAR SELECTIONS

Popsicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner

- #01 - PEANUT BUTTER COOKIES, LEMON PUDDING
- #02 - CHEESECAKE W/B’BERRY TOP, SF APPLE PIE, CHOC PUD
- #03 - PUMPKIN PIE, VANILLA PUDDING
- #04 - OATMEAL/RAISIN COOKIES, BUTTERSCOTCH PUDDING
- #05 - CHOC CAKE, SF CHOC CAKE W/ICING, PISTACHIO PUD
- #06 - LEMON MERINGUE PIE, CHOCOLATE PUDDING
- #07 -BOSTON CREAM PIE, BANANA PUD, SF LEMON TEA COOKIES

DEPUTY DIRECTOR

GRILLED ITEMS AVAILABLE AT LUNCH

GRILLED CHEESE SANDWICHES,
UHAMBURGERS/CHEESEBURGERS

UGRILLED CHICKEN BREASTS

UGRILLED HOT DOGS/SAUERKRAUT/CHILI

DIRECTOR

DIET MENU #6 - FOR THE WEEK OF						
ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES.*INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF.						
ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.						
SF = SUGAR FREE		LF = LOW FAT ITEM		LS/LF = LOW SODIUM/LOW FAT		
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
MON	HOT OATMEAL/GRITS	85	NAVY BEAN SOUP	100	NAVY BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	CHICKEN BURGER (4 OZ)	170	BAKED SKINLESS CHICKEN	250
	HARD BOILED EGGS (2)	160	PEAS AND CARROTS	62	BROWN RICE/GRAVY	80/50
	STEWED PRUNES (3)	60	CORN ON THE COB	81	BROCCOLI	25
	SLICED HAM	210			GREEN BEANS	26
					STEAMED BEETS	28
TUE	HOT OATMEAL/GRITS	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
	SCRAMBLED EGGBEATERS	45	LF CHICKEN SALAD	140	BEEF LO MEIN	210
	HARD BOILED EGGS (2)	160	SUCCOTASH	80	LF MACARONI AND CHEESE	120
	STEWED PRUNES (3)	60	CAULIFLOWER	30	MUSTARD GREENS	80
	LS/LF SAUSAGE LINKS	80			STEAMED CARROTS	25
	VEG/CHZ/BCN FRITTATA	185			FRENCH ROLL	130
WED	HOT OATMEAL	85	PINTO BEAN SOUP	90	PINTO BEAN SOUP	90
	HOT CREAM OF WHEAT	85	LF SHRIMP SALAD	150	VEGETABLE LASAGNA	230
	SCRAMBLED EGGBEATERS	45	MIXED VEGETABLES	40	FRENCH BREAD	
					80	
	HARD BOILED EGGS (2)	160	YELLOW SQUASH	30	ASPARAGUS	30
	STEWED PRUNES (3)	60	BAKED POTATO	90	BUTTER BEANS	90
	BAKED BEANS	85				
THU	HOT OATMEAL/GRITS	85	CREAM OF POTATO SOUP	160	CREAM OF POTATO SOUP	160
	SCRAMBLED EGGBEATERS	45	*SALISBURY STEAK	225	LF SPAGHETTI W/SAUCE	165
	HARD BOILED EGGS (2)	160	GREEN BEANS	26	FRENCH BREAD	
					80	
FRI	STEWED PRUNES (3)	60	CROWDER PEAS	90	SPINACH	25
	CREAMED GROUND TURKEY (1/4 CUP)	90	SF PEACH COBBLER	180	STEAMED CAULIFLOWER	30
					SF PEACH COBBLER	180
SAT	HOT OATMEAL/GRITS	85	TURKEY NOODLE SOUP	75	TURKEY NOODLE SOUP	75
	SCRAMBLED EGGBEATERS	45	LF TUNA SALAD	135	BAKED LEMON DILL FISH	170
	HARD BOILED EGGS (2)	160	PEAS & PEARL ONIONS	90	BAKED POTATO/DINNER ROLL	90/82
	STEWED PRUNES (3)	60	WHOLE BABY CARROTS	25	EGGPLANT CASSEROLE	
					78	
	SLICED HAM	210			STEAMED BEETS	28
SUN	HOT OATMEAL	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
	CREAM OF WHEAT	85	VEGGIE PIZZA (1)	190	MUSHROOM LASAGNA TOSS	165
	SCRAMBLED EGGBEATERS	45	STEAMED CAULIFLOWER	30	BROWN RICE	80
	HARD BOILED EGGS (2)	160	BRUSSEL SPROUTS	30	CABBAGE	35
	SWT POTATO PANCAKE	105			FRENCH BREAD	
						0
SUN	HOT OATMEAL/GRITS	85	CHICKEN NOODLE SOUP	75	CHICKEN NOODLE SOUP	75
	SCRAMBLED EGGBEATERS	45	LF TURKEY SALAD	135	PORK ROAST /GRAVY	290/50
	HARD BOILED EGGS (2)	160	BAKED BEANS	90	BAKED SWEET POTATO	90
	STEWED PRUNES (3)	60	CALIFORNIA MIX	32	GREEN BEANS	26
	LS/LF SAUSAGE PATTIES	115	BAKED POTATO	90	BLACKEYED PEAS	90
					YELLOW SQUASH	30
BREAKFAST STANDARD MENU ITEMS						
BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.						
STANDARD MENU ITEMS - ALL MEALS						
ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS						
STANDARD SALAD BAR FOR LUNCH AND DINNER						
LETTUCE garnished w/romaine leaves SLICED TOMATOES CELERY STICKS GREEN ONIONS CARROT STICKS						
DILL PICKLE SLICES SWEET PICKLES CUCUMBERS SLICED ONIONS CHEESE JALAPENO PEPPERS						
ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER						
<u>Monday, Wednesday, Friday,</u>			<u>Tuesday, Thursday, Saturday</u>		<u>Sunday</u>	
Beets, Sliced Green Peppers,			Pickled Beets, Black Beans,		Beets, Black Eye Peas,	
Broccoli, Shredded Carrots,			Chopped Green Peppers,		Sliced Black Olives, Broccoli,	
Garbanzo Beans, Green Olives			Whole Black Olives,		Sliced Green Peppers	
			Cauliflower, Chopped Celery		Shredded Carrots	
STANDARD DRESSINGS						
DIET FRENCH DRESSING		DIET ITALIAN DRESSING			DIET RANCH DRESSING	
BLUE CHEESE DRESSING		DIET THOUSAND ISLAND DRESSING			OIL & VINEGAR	
DAILY SALAD BAR						
#01	WALDORF SALAD, CHUNK PINEAPPLE, SUGAR FREE LEMON GELATIN					
#02	CARDINAL SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN					
#03	KIDNEY BEAN SALAD, SLICED PEARS, SUGAR FREE ORANGE GELATIN W/FRUIT					
#04	PASTA SALAD, SLICED APRICOTS, SUGAR FREE RASPBERRY GELATIN					
#05	POTATO SALAD, SLICED PINEAPPLES, SUGAR FREE LIME GELATIN					
#06	CARROT/RAISIN SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN W/FRUIT					
#07	THREE BEAN SALAD, SLICED PEARS, SUGAR FREE WATERMELON GELATIN					